

DIVISION OF NUTRITION, PHYSICAL ACTIVITY, AND OBESITY

93 million US adults have obesity.

Obesity affects almost 1 in 5 children and 1 in 3 adults, putting people at risk of diseases such as type 2 diabetes, heart disease, and certain cancers. Obesity also costs the US health care system \$147 billion a year, and nearly 1 in 4 young adults is too heavy to join the military.



1 IN 5
CHILDREN

and 1 in 3 adults are affected by obesity.



\$147
BILLION

a year is spent on health care costs for obesity.



1 IN 4
YOUNG ADULTS

is too heavy to join the military.

CDC's Response

CDC's Division of Nutrition, Physical Activity, and Obesity protects the health of Americans at every stage of life by encouraging regular physical activity, good nutrition, and healthy weight. Through its support of state and community partners, it provides data, programs that work, and practical tools so that Americans have the best possible chance to achieve healthier lives and avoid chronic diseases. These efforts have contributed to more adults meeting national guidelines for physical activity and more babies being born in hospitals that follow global standards for supporting breastfeeding.



The percentage of adults who meet physical activity guidelines increased from 44% in 2008 to 54% in 2017.

